



METRO HEALTH at Home: Children

Teen's Room

• Know teen's friends!



• Parents should take advantage of annual health check-ups, sports or camp physicals to ensure teens receive the recommended vaccines.



:)

LOL!

ok



• Most teens do want to hear from their parents. **Start early and talk often about healthy relationships.**

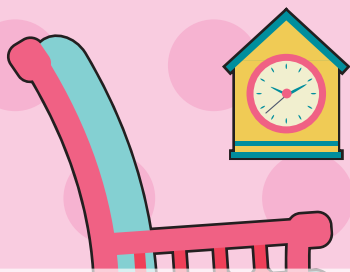
• Monitor teen's TV and social media use.

• Social life is important to teens. Don't let a serious illness, like meningitis, threaten their social life and their health. **Vaccinate your teen today!**



Baby's Room

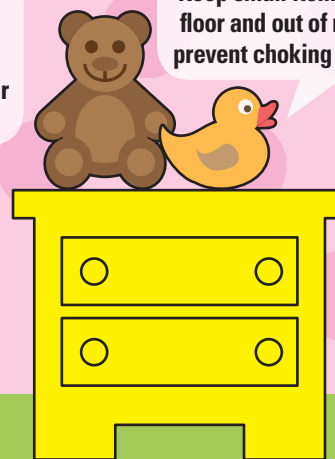
• Vaccines are one of the great pillars of modern medicine. Life used to be especially brutal for children before vaccines, with diseases like measles, smallpox, whooping cough, or rubella being common. Today, these diseases can be completely prevented with a simple injection.



• In Bexar County, about every two weeks a baby dies due to co-sleeping. **Babies should sleep on their back, alone and in a crib.***

• Keep cords and strings out of baby's reach. This includes window blinds and curtain cords. Place their crib away from windows.

Keep small items off the floor and out of reach to prevent choking hazards.



**SWSIDS educational presentation*